

# Micro U5/6 Rules

- I. The Field: The field of play shall be rectangular. The length in all cases shall exceed the width. U5/6 will be 30 yards large X 20 yards width.

Markings:

- δ Distinctive lines not more than five (5) inches wide
- δ A halfway line shall be marked out across the field
- δ A center circle with an three (3) yard radius
- δ Four corner arcs with a one yard radius
- δ A goal box directly in front of each goal
- δ Goal Size: 4' high X 6' wide

- II. The Ball: Size Three (3)

- III. Number of Players: Maximum number of players on the field at any one time: U5-4; U6-5. Maximum number of players on the roster will not exceed: U5 – 6; U6 – 10.

- δ Substitution: Substitutions are permitted at the quarter break and at halftime, or as deemed necessary for the well-being of the player. An injured player tended to on the field may be substituted.
- δ Playing time: Each player must play a minimum of two quarters
- δ Teams and games may be Co-ed
- δ Goalkeepers: U5-None; U6-None
- δ Minimum players for games to begin: U5-2; U6-3

- IV. Players Equipment:

- δ Footwear: Tennis shoes or cleated soccer shoes approved by FIFA and NCYSA
- δ Shin-guards are mandatory for both Practice and Games
- δ Shirts must have a distinctive One (1) or Two (2) digit number
- δ No jewelry or watches shall be worn

- V. Referee: Coaches or parents shall call the games. One coach will act as the referee and be allowed on the field while play is in progress. All rule infractions will be explained to the offending player.

- VI. Linesman: None

- VII. Duration of Game:

- δ The game shall be divided into equal quarters: U5 will play 6 minute quarters and U6 will play 8 minute quarters.
- δ There shall be a two (2) minute break between the first and second quarters and third and fourth quarters for both age groups
- δ There shall be a five (5) minute halftime break for both age groups between third (3<sup>rd</sup>) and (4<sup>th</sup>) quarters
- δ The teams will exchange ends of the field at halftime.
- δ No overtimes or injury time will be played

- VIII. The start of play: The minimum distance the ball must go forward before another offensive player may touch the ball is ONE (1) foot. Defenders must be outside the center circle until the opposing team moves the ball forward.

- IX. Ball In and Out of Play: Conform to FIFA Rules of the Game. If out on side line, ball must be thrown back in. If out at goal ends ball will be played as goal kick or corner kick.
- X. Method of Scoring: Conform to FIFA Rules of the Game. By kicking the ball in the goal. HOWEVER – there will be no score reported. Both teams win.
- XI. Fouls and Misconduct: All indirect: Has to touch two players before going in the goal. The coach/referee shall explain ALL infractions to offending players. No one shall stand directly behind the goal line during the course of the game. The referee may halt the game to enforce this rule and take further action if necessary.
- XII. Free Kicks: ALL Indirect.
- XIII. Penalty Kicks: NONE
- XIV. Throw In: Player gets two chances to make a good throw-in. Ball must go over their head and both feet must stay on the ground.
- XV. Corner Kick: Are taken from the arch by the flag. The defender must be five (5) yards away.
- XVI. Practices: U5 – will practice no longer than 1 hour per practice. U6 – will practice no longer than 1 hour per practice.

## **Additional Rules and Guidelines**

- δ All coaches and players will shake hands after each game
- δ Parent/spectators should not coach nor instruct players during the game
- δ All spectators should remain at least six (6) yards away from the touch line and on the opposite side of the players
- δ No alcoholic beverages will be consumed or allowed near the playing field
- δ Coaches/Parents are encouraged to refrain from smoking in the team area
- δ Games may be shortened because of bad weather, extreme heat or cold, etc... This will be decided between coaches and EDSC Field Marshall.
- δ Games will be stopped when Lightning is seen and everyone will leave the field
- δ It is ungentlemanly (un-sportsman-like) conduct for coaches to allow their players to infringe on, take advantage of offside not being called, this may be cautioned if it continues. This is allowing their player to “net hang”. When the ball is at the opposite end of the field during the game the defenders must be 10 yards or more in front of their own goal
- δ Coaches should not play some players four quarters, while other players are only allowed to play two or less quarters. This only teaches favoritism.
- δ All players should play at least two different positions during every game, let the players learn what positions they like best.
- δ Participation award, medals or trophies will be handled through the team. League standings and scores will not be recorded.
- δ EDSC will NOT tolerate any confrontations between parents. If there are any confrontations between parents those involved will be asked to leave and not return for the remainder of the season
- δ Any make up games should be arranged between the coaches involved. Once the games are scheduled please inform the MICRO coordinator so that he/she may reserve the field.